



Creditable Foods in the Child and Adult Care Food Program

- 1) **To be creditable as a grain/bread item, the food item must contain no less than how many grams of flour?**
 - a) 1
 - b) 2.2
 - c) 14.75
 - d) 150
- 2) **Which of the following CACFP manuals should be used to find out if a food item is "creditable?"**
 - a) CACFP Child Care Center Handbook
 - b) Crediting Foods in the CACFP
 - c) Eligibility Guidance in the CACFP
 - d) Feeding Infants
- 3) **Which of the following is a true statement regarding the fruit/vegetable requirements for lunches and suppers?**
 - a) ...shall contain one serving of vegetable(s) or fruit(s) or full strength juice or an equivalent quantity of any combination of these foods.
 - b) ...shall contain one serving of fruit and one serving of vegetable.
 - c) ...shall not contain full-strength juice under any circumstance.
 - d) ...shall contain two or more vegetables or fruits or a combination of both.
- 4) **Which of the following will not be found on a Child Nutrition (CN) label?**
 - a) The signature of a high ranking official within the organization
 - b) The CN logo
 - c) A 6-digit product identification number
 - d) The month and year of approval
- 5) **Which of the following is/are not "creditable" meat alternatives?**
 - a) tofu
 - b) seitan
 - c) tempeh
 - d) all of the above
- 6) **Serving sizes for grain/bread items are largely determined by the _____ of the food item.**
 - a) size
 - b) taste
 - c) weight
 - d) acceptability

7) Foods that may be counted toward meeting the meal pattern requirements for a reimbursable meal are called what?

- a) Creditable Foods
- b) Non-Creditable Foods
- c) Good Foods
- d) Approved Foods

8) Both lunch and supper must contain...

- a) a serving of skim or 1% fluid milk (1 year olds may have any fat variety) as a beverage, or used on cereal, or used in part for each purpose.
- b) a serving of skim or 1% fluid milk (1 year olds may have any fat variety) as a beverage.
- c) a serving of skim or 1% fluid milk (1 year olds may have any fat variety) poured on cereal.
- d) a main dish that includes any milk as an ingredient.

9) All CACFP records must be maintained on file for how long after they are filed?

- a) One month
- b) Until the claim is paid
- c) For three years beyond the year to which they pertain
- d) Forever

10) No home canned fruit or vegetable products are allowed for service in the CACFP because of health and safety reasons.

- a) True
- b) False

11) Non-Creditable foods are those foods that do not count toward meeting the meal pattern requirements. Nevertheless, ...

- a) the children like them so it is okay to use them as part of the reimbursable meal.
- b) they often supply additional nutrients and calories that help meet the energy and nutritional needs of participants.
- c) they cost less so it is allowable to serve them as part of the reimbursable meal.
- d) they are often easy to find in grocery stores so they can be served as part of a reimbursable meal.

12) The product label for grain/bread items must indicate that the item is

- a) Whole-grain
- b) Enriched
- c) Made from enriched or whole-grain meal or flour
- d) Any of the above

13) If a child is not disabled, and the parent requests that menu substitutions be made for religious reasons, the agency is required to make the substitution to the standard meal pattern.

- a) True
- b) False

14) Cooked, dried beans or peas may be credited as:

- a) A vegetable
- b) A meat alternate
- c) Either
- d) Either, but not as both in the same meal

15) The CN Labeling Program is a voluntary Federal labeling program for the Child Nutrition Programs.

- a) True
- b) False

16) Which of the following is not an example of a meat/meat alternate?

- a) Lean meat
- b) Eggs
- c) Acorns
- d) Yogurt

17) Cookies, dessert pies, cakes, and brownies may be served as the grain/bread component...

- a) for any meal
- b) for breakfast only
- c) for snacks only
- d) for breakfast or snack only

18) How many ounces of yogurt must be served to contribute one ounce of meat alternate to the meal pattern requirements?

- a) 1
- b) 2
- c) 3
- d) 4

19) For children ages 2 and older, what two types of milk may be served?

- a) 1% or 2%
- b) Skim or 1%
- c) 2% or Whole
- d) Any type is fine as long as it is cow's milk

20) Recipes for homemade combination foods should be evaluated to make sure that there is enough of each food component to meet the required meal patterns.

- a) True
- b) False

Your Name

Local Agency Name

Date